

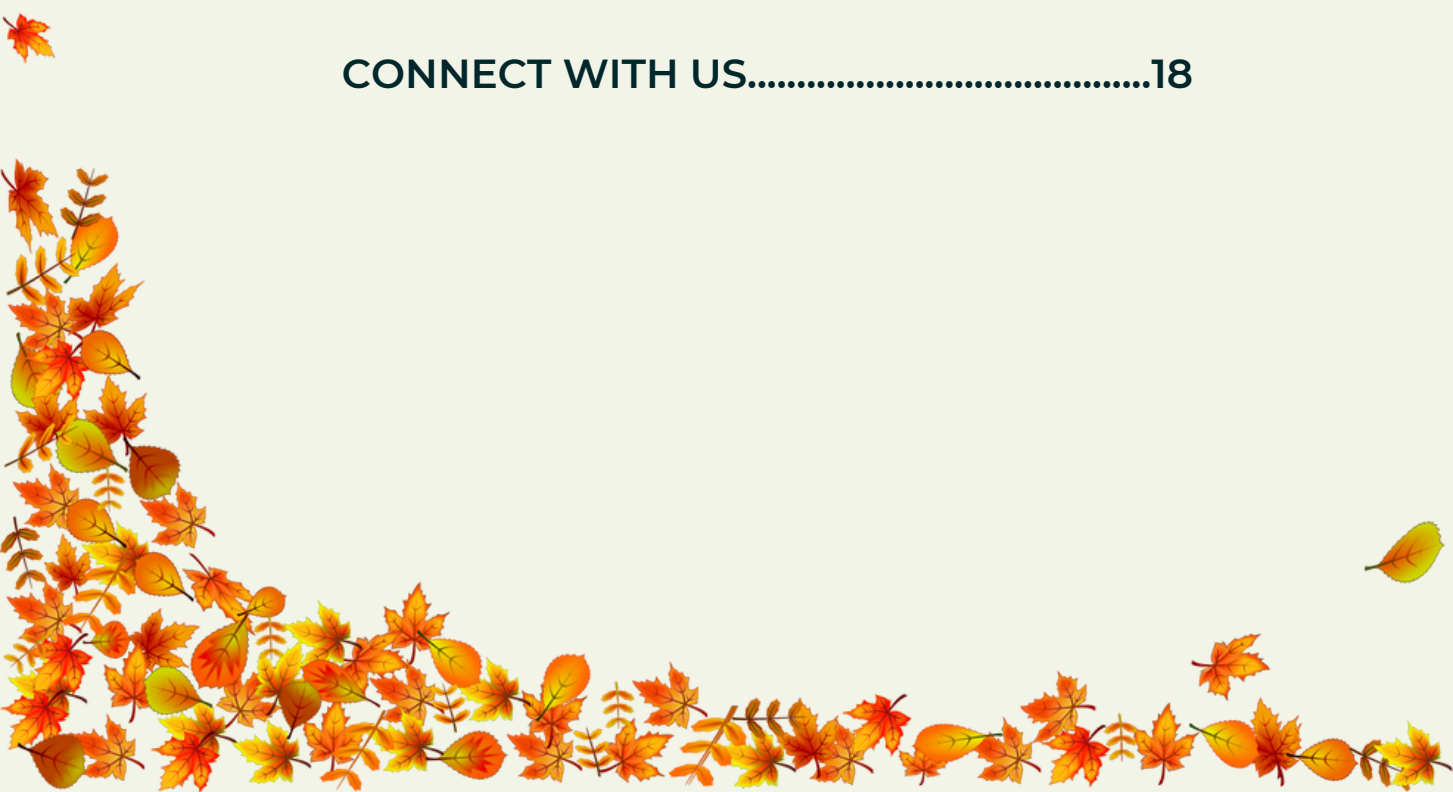
NEWFOUNDLAND AND LABRADOR CELIAC
ASSOCIATION

GOING AGAINST THE GRAIN



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MESSAGE FROM THE NL CELIAC ASSOCIATION PRESIDENT

As our season changes and we move into our fall season, it's a good time to reflect upon our year. It has been a difficult couple of years for all of us. Our chapter has had many challenges and it has been difficult to find ways to stay connected, especially during the pandemic. We have also had difficulty recruiting volunteers for our board. Maintaining a strong executive is essential for the survival of our chapter.

This coming year is the 50th Anniversary of the Canadian Celiac Association. There are many events planned for May. Locally, we are hoping to put together a history of our chapter to be shared within our community as well as collecting individuals' stories of our struggles and triumphs of surviving Celiac Disease or gluten sensitivity. Stay tuned for upcoming events as it looks like we will have an exciting year celebrating us.

It is with great sadness that we acknowledge the passing of one of our long-time volunteers in our celiac community. Dr. Edita (Edi) Bosak passed away in May. She worked tirelessly for both National and Provincially Celiac Associations. She served as our provincial president between 1992 to 2008. She will be greatly missed.

I would like to take the opportunity to thank our outgoing executive members (Adrianna Smallwood and Mary Anne Griffin) for their hard work and dedication to our chapter. I would also like to welcome Kera McGrath, (Vice President), Samuel (Sam) Chalker (volunteer co-ordinator), Tiffany Smith (secretary), and Robert Murphy (Rob) (Western Newfoundland representative) to our executive.

We are planning a big social event for December 3, 2022, at the Mews Centre, Mundy Pond. We hope to welcome any newly diagnosed and all those who want to maintain connections for a meet and greet. Family and friends are welcome and need support as well. Food will be provided.

Nancy Dawson



Dr. Edita (Edi) Bosák
May 16, 1950 - May 13, 2022

MY CELIAC MARATHON JOURNEY

BY MARY ANNE GRIFFIN

Getting on track, literally.

I've been interested in physical fitness for as long as I can remember. I learned to skate when I was only 3 years old and was a competitive gymnast up to my pre-teen years. As I got older, I experienced regular stomach discomfort, bouts of dizziness, and fatigued easily, which held me back and became very frustrating.

My worsening fatigue and the appearance of migraine headaches eventually caused me to give up gymnastics. I remember the day when I quit; I did not feel ready mentally to leave the sport, but physically I reached a point I needed to stop.

As I got older, I tried to keep active, but it was a struggle. At one stage in my 20s, I attempted to teach aerobics classes, but ongoing issues with anemia and the increasing frequency and intensity of my migraine headaches caused me to stop. I felt debilitated and it psychologically brought me down. I saw plenty of doctors but achieved little in the way of understanding why I was feeling the way that I was.

My interest in food and nutrition led to a degree in dietetics and eventually to my current position as a clinical dietitian in cancer care, which I have worked in for over 25 years. I got married and had two kids but was challenged to try to work and raise a family. I recall struggling to get through a day of work. I would often have to lay down to rest when I got home. ***I also had frequent sinus infections, a bout with pneumonia, and still had migraines and anemia.*** Getting involved in anything beyond family and work was not possible because it was too hard for me to keep up.

I saw specialists about my anemia and migraines. I continued to have blood tests and was continuously taking iron. In 2003, when I was in my early 40s, I saw a gastroenterologist who ordered an array of tests.

Continued on next page



I didn't hear anything so assumed that anything gastrointestinal related was ruled out.

My symptoms continued to worsen, and at one point I developed sweating, trouble sleeping, excessive energy and then no energy. My blood work showed I had Hashimoto's thyroiditis. My mom had hypothyroidism, and so I thought this was genetic and that was that. No treatment was needed but I was advised that I would develop hypothyroidism and would require thyroid treatment at some point.

I'll never forget the day in 2004 that changed everything. I was attending a conference outside the province and was feeling miserable because of ongoing stomach distention, going to the bathroom frequently, being up at night with stomach pain, feeling cold and lacking energy. I received a phone message from my gastroenterologist ,whom I saw a few months earlier, advising me that my blood work was off (tTg was elevated). He was leaving the province a week after I returned but arranged an intestinal biopsy . The biopsy showed major intestinal injury, and confirmed my diagnosis with CD. It was weird finding this out, because, although it was a relief, I was annoyed with the length of time it took to find out what had been making me feel unwell for so long.

I immediately began to learn as much about CD as I could. ***One of the first places that I went to was the Canadian Celiac Association (CCA)***. Here I found a wealth of information to help me to better understand the disease and how to manage it. I also checked to see if there was any CD in our family and, sure enough, some of my cousins on my mom's side have the disease.

My dietetics degree has really come in handy! Once I understood that ***the disease can only be controlled with diet***, I began to follow a gluten-free diet very strictly and learned how to adapt to the challenges that come with restricting gluten. I initially limited lactose and took iron supplements. In the first month, I already felt better. My iron levels took a while to get into the low normal range, but eventually they levelled out. In more recent years, I have been involved in our local CCA Chapter.

I have found this a wonderful way to connect to others with CD and be involved in initiatives. I feel very empathetic to the vulnerable in our population who cannot afford gluten- free food items. The national CCA food bank initiative, ***"Save Me for Gluten Free"***, ***inspired me to get involved in helping*** a local food bank secure regular gluten-free food for 12 of their clients who they identified as having CD. With the success of this food bank and grocery store "pilot project", I hope to branch out to more food banks and grocery stores to help others with CD.

Getting on track - literally

About three years after my diagnosis, I decided to try running.

Mary Anne goes the distance to get on track to better health and achieves personal and world ranking



THE FRESH AIR AND FEELING “I CAN DO THIS” MEANT A LOT TO ME.

I still had the desire to get back into physical fitness, and now felt well enough to take this on. The first time I ran was at the indoor track at Memorial University. I made it around the track twice before I had to stop. I gradually increased the number of laps in the following weeks and months. Then I started to run outside. The fresh air and feeling of “I can do this” meant a lot to me. I also found running good for stress management.

I continued running for a few years and did a couple of local races for the fun of it. I did well, without real training on any type of program. It was enjoyable and gave me a rewarding sense of accomplishment. I then decided to “raise the bar”, and increase the distances I ran, to test my endurance and set a new goal. I was keen to know if I could run a marathon, so I signed up for the Ottawa marathon in 2013. As I got through the many kilometers, I realized I just might make it to the finish.

When I got home, one of my friends told me that my time qualified me for the Boston Marathon. I sent my application in and was accepted to run the 2014 Boston Marathon. Taking part in this race was serious business! I realized I had to train like an athlete, be of optimal health, do the proper running to avoid any injury, and make sure my nutrition status was optimal. I had a schedule for running, had my blood work checked, continued to take low dose iron supplements and a multivitamin. *I consumed nutritious balanced meals with vegetables, fruit, gluten-free whole grains and high-quality protein.* I did, however, have an odd glass of wine.

Travelling to Boston for the marathon meant a lot of preparation. I called restaurants ahead of my trip to find out which places would accommodate celiac restrictions. I asked people who have celiac disease for recommendations of suitable places, and brought my own food, which I primarily consumed before the event. I also contacted my hotel to ensure they had food choices available and enquired about nearby grocery stores.

The Boston Marathon bombing occurred in 2013, so I was in the race the following year with 37,000 participants, including some who were in the 2013 marathon.

I have to say the experience was unbelievable! The whole city came out to support the runners, with over one million people lining the entire 42-kilometer route. It felt surreal! *As I ran the race, I couldn't help reflecting on my journey to get there and how a diagnosis had simply changed my life.* I'll never forget crossing that finish line; it was one of the greatest feelings in my life!

" THE KEY IS TO STICK WITH IT! "

After Boston I didn't run another marathon until 2018, when I ran the Ottawa race again to support a friend who was completing her first marathon. My finish time in Ottawa allowed me to enter marathons in 2019 in Chicago, where I placed 9th out of 1,403 runners in my age group, and two weeks later in New York, where I finished 21st out of 1,313 in my age group. Based on my standings, I qualified for the Berlin marathon which I was supposed to run in 2020, but it was cancelled due to the COVID-19 pandemic. I also placed 13th in my age group in the Abbott World Marathon Majors (Wanda Age Group World Rankings), and **1st in my age group standings for Canada**. The top 40 female runners in my age group were invited to another world major event and I received an invitation to run in the 2020 London Marathon. Again, COVID -19 interfered, and I could not attend this event.

Despite the logistics with travelling during the pandemic in 2021 (PCR and rapid COVID tests, variations in restrictions in different countries, etc.), I proceeded to run the Berlin Marathon, in September 2021 (where I placed 3rd in my age group), and a week later ran the London Marathon. Having completed 5 of the 6 World Marathon Majors made me eager to aim for the 6th one. I found out a couple of weeks ago that I have been selected to run in the 2023 Tokyo Marathon. This is very exciting for me and will allow me to achieve a very special goal!

Having celiac disease has made me appreciate the importance of following the advice of health professionals, and utilizing the resources and support from the Canadian Celiac Association. As hard as it is to make the adjustments to a gluten-free diet, it pays off and is well worth the enhancement of your quality of life. You do not need to run marathons, but when your health improves and you adjust to a gluten-free diet, there are many things you can enjoy doing that you may not realize until you start feeling better. The key is to stick with it!





The gluten-free diet can be expensive but it's not an option for people with celiac disease. For people with celiac disease or other gluten-related disorders, the gluten-free diet is imperative for good health. Here are some tips for how to save money on a gluten-free diet and how to claim the incremental tax credit as part of the gluten-free diet and celiac disease!

SAVE MONEY ON A GLUTEN-FREE DIET

Budget expert and coupon queen Tina Crane provides her best tips and practices for saving money on a gluten free diet.

I have spent a number of years now being called a Coupon Queen. I stayed on the savings path during my first maternity leave in 2013. I cut our grocery budget by 30-40% even as our family grew from 2 to 4 mouths (my 5- and 7-year-old can out eat any adult I've ever met). We were in great standing. Then, in the middle of 2020, my then 4-year-old was diagnosed with celiac disease. And a few months later, I received the same diagnosis. That seemed to destroy my budgeting, spend-thrift ways. Now I was being forced to pay double and triple the prices for foods that I didn't even really enjoy.

I've been through all the emotions. The roller coaster of anger, sadness and happiness that my daughter no longer complains of pain all day. My main focus now is to find foods we enjoy that are safe and affordable. The frustration is real for everyone dealing with a budget on a special diet, whether it be gluten free, dairy free or any combo of restrictions. Of course, I didn't notice it before, but when the pasta goes on sale and I used to get 30 boxes for \$3, the gluten-free options remains regular price – \$3.49 PER BOX – even when it's the same brand.

It's also 'easy' to cut gluten out if you eat only whole foods but that has its challenges as well. It's still a huge jump in prices from what we were spending on a 'regular diet'. I can get a bag of 12-15 apples for \$12 or I can pay a little less and get a hundred bags of fruit candy for my kids that are still safe, and they love for a snack. It's a balancing act to get to a place where I can buy the apples and still have the convenience food on hand for treats and emergencies.

So, after my panic subsided, I got down to figuring out how to do this without going into bankruptcy. A lot of my focus now is on how to get regular (naturally gluten free) items for the lowest prices so then I have more flexibility to get the gluten-free items like flour and breads and cookies for the kids. Save on the things you 'need' like milk or chicken or veggies – so you can spend more on the 'wants' like cookies and fancy cheese (I love fancy cheese). It's harder to get good deals on the gluten-free items but I've still managed to score free items and clearance items a couple of times, its resulted in me saving hundreds in one trip.



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Budget Tips

Budget-friendly tips

Tips and tricks for decreasing food costs for those requiring a GF diet



A gluten-free diet is a medically required diet for those living with celiac disease. On average the cost of gluten-free diet product is 183% higher than their gluten-containing counterparts.

What can I do as a consumer to decrease my overall food budget?

- 1 Use coupons while shopping**
 - Print off internet coupons or search company sites
 - Watch store flyers and buy larger quantities when you have a coupon
- 2 Shop the store perimeter of the grocery store**
 - Here you will find more whole foods and less pre-packaged food items.
 - Purchasing whole foods will reduce your overall food costs
- 3 Shop seasonally and locally**
 - Look for vegetables and fruits that are in season.
 - Not only will these items be more budget friendly, they will also taste better when they are in season.
- 4 Find alternatives to GF processed food**
 - Cereal is very expensive. Try GF oats instead. Add fruit for more fibre.
 - Try using GF corn tortillas instead of GF bread.
- 5 Eat more plant based foods**
 - Legumes like beans and lentils are cheaper than meat and contain plenty of protein.
 - Legumes are rich in B-vitamins and are high in fibre.
- 6 Purchase large quantities and buy in bulk.**
 - Get a membership to a large bulk purchase store.
 - Consider an additional freezer to store items. Overall cost savings will outweigh initial cost burden
- 7 Join the CCA Facebook page or group**
 - Ask your new friends for tips and tricks that they have learned along their journey.
 - Attend FB live events or ask questions during our dietitian's office hours!
- 8 Get involved with cooking and baking**
 - Try cooking larger batches and freezing separate portions.
 - Make your own granola bars, muffins and cookies. These items are particularly \$\$ to purchase.

Additional Tip on Taxes



People diagnosed with celiac disease are able to claim for the incremental costs of the gluten-free diet on their annual income taxes. The incremental cost is "the difference in the average cost of gluten-free products compared to the cost of a similar product containing gluten". For more information on this visit our website at www.celiac.ca or watch one of our tax webinars, designed to help you navigate the next tax season.

Budget Tips

PRICES

I quickly realized that the fundamentals of saving money are the same no matter what the diet. First, you must know your prices. This is absolutely essential. Never just buy it because the tag says 'sale' – know what the regular price is, what a good sale price is and what the 'stock up' price is. If you aren't familiar with the prices of items, you are at the mercy of the store's marketing. Their 'sale' sign might fool you because you don't realize that it was marked up \$1 then on sale for 50 cents less. And is still \$.2 more expensive than the competitor. I rarely buy anything at regular price – my goal is to always have food I frequently use in my stockpile so I can take from there until I see another sale. That way with a good base, I have much more flexibility with my weekly budget for fresh food and the dreaded gluten-free bread. It can take a while to get a good handle on prices (I'll never understand toilet paper math, I just buy the brand I like) but once you get a handle on it, things are much easier. Sometimes the numbers are different for me now (\$2 and under was always a great price for bread here but I was very excited to get it for \$5.99 last week) but it's the same idea, it's still about getting things for the best possible price.

To become familiar with prices and their cycles, either gather the weekly flyers to browse or download a flyer app on your phone (I use Flipp and Flyerify). This is also a great way to compare prices before going out and plan a shopping trip.

Note: Also know where the markdowns are located in the stores you frequent. Do they have a section where all the clearance items go? Do they stay on the regular shelf and just get sale stickers? Always watch for clearance items.

BRANDS

I can't talk about prices without touching on brands. If you are very brand loyal, it's hard to save money because you have less options. When you're limited by diet as to how many brands you can buy, it also makes it harder. BUT there are still many options to look at for most foods. Need/want to stick to a particular brand? Check out their website – many will offer promotions like bulk sales, sample boxes, free shipping or maybe even send you a coupon. In the mood to try some new stuff? There are quite a few cheaper brands/store brands that you can try. Currently, my favourite cookies, peanut butter and pasta are a 'store brand' and much cheaper than their brand name buddies.

ONLINE SHOPPING

Don't forget that you can get deals online for food too. I've gotten some items on Amazon for half the price I would have paid in the gluten free area of my local grocery store. Don't see what you need on Amazon? Check your favourite products online for deals directly from the company themselves. The savings might be small but if you are going to buy it anyway, shouldn't you get the best price?

COUPONS

Now that you know the prices you are working with for what you want/need, start looking for coupons. You can tear pads in stores, sometimes you'll see them attached to the actual product in store, you can print them off internet coupon and company sites (make sure anything you print has a Canadian address, you can't use coupons with an American address). Did you know that some companies will even mail you coupons if you write and ask? I have gotten them for gluten free, dairy free and vegan products since I began our new diet.

Budget Tips

LOYALTY PROGRAMS

Another way to get deals is to avail of store loyalty programs. Check out your local grocery store or drug store to see what programs they offer. Some will offer personal points awarded on items you have bought or items similar to what you have bought. It wasn't long into our GF journey when I noticed I was getting many GF options for personal points offers. But, if that isn't part of the program, getting points for things like diapers and tampons might then allow you to score some \$8 GF bread for free when you redeem the points. Credit cards also offer loyalty programs in the form of cash back offers, loyalty points or travel rewards. Look around for what offers fit your needs best – but keep in mind that you should only use it if you can pay off the balance each month – the interest can be crippling!

CASHBACK APPS

There are cash back apps that also can help you save some money along the way. Checkout 51, Caddle and Eclipse are all Canadian and work very similarly. Buy something on one of the offers, take a picture of the receipt and upload it to the app and you will bank the money offered. When you reach \$20 you can cash out and they mail you a cheque. There are times that you can find an item on sale, use a coupon and/or use a cash back offer and you can actually make money.

When I cash out, I usually use the cheque they send to add to my stockpile or go on a gluten-free treat rampage – although at \$2 a ciabatta bun, it doesn't take long for my spree to end.

BULK BUYING

Buying in bulk can be a great way to save money too, on things you use a lot of. Flour, rice, sugar, etc. are great things to bulk buy and always have on hand. Buying bulk meats can also be a great way to cut costs.

THE STOCKPILE

It's not hoarding. It really isn't. Technically it's a 'large accumulated stock of goods, especially one held in reserve for use at a time of shortage or other emergency'. I happen to think that things being on regular price IS an emergency. Having some things always on hand is a great way to save money – because you're never forced to pay too much because you need it that day and can't wait for a sale. I buy extra canned tomatoes, beans, rice, sauces, pasta, etc when they go on for a stock-up price. So, I always have the pantry staples I need to make a meal, even if the fresh items are sparse. I'll never overpay for pasta sauce because I bought it on sale while earning enough points to cover half the cost. So, I still have my full weekly budget to buy veggies, milk and eggs.

If I see an amazing price, I always buy what I know we will eat before it goes bad. Just before Christmas a friend told me that a store was selling off GF stock. I made a run in and the bread and buns my family love are usually \$7.99 but were on sale for \$1.99. I bought all that I could – I estimated I saved over \$200 that trip alone. And had bread for weeks!

Each week I try to use around 10-15% of my budget on something that's not to eat that week but to beef up my stockpile. It doesn't happen every week, but it happens enough that when we went into lockdown for months, we had enough to eat, we just needed milk and fruit to keep us going. This year's focus has been rebuilding and filling the holes we created.

Budget Tips

CUT THE WASTE

This means different things to different people and budgets. Spending money on something that you don't end up using or isn't essential can be considered wasteful (I'm NOT saying cut out all non-essentials. If you can create and stick to an essential budget, you'll have some extra money for the non-essentials like a late for a treat – because mental health is also essential.)

Maybe stop buying that kale you're 'going to try' but always end up throwing away. Maybe just make sure that you are storing your produce correctly, so it is still fresh when you go to eat it. Or it might mean stop using an ATM that isn't your bank – and paying \$3 for the privilege. Sure, it doesn't seem like a lot but I could do that three times a month OR I could get a dozen tins of corn.

FIND SUPPORT

There are lots of groups out there that can help. **Follow some coupon/saving groups on Facebook – there are Canadian wide ones and also local ones with more location-specific deals such as the local Facebook group “NL Coupon Queens” and “Gluten Free Freebies”.**

There are also lots of groups that follow Amazon sales – I'm part of a couple who tag me anytime there's a gluten-free item that goes on sale. I wouldn't have time to find those deals on my own! On a more personal level, friends now send me pictures of deals when they are out shopping – a clearance on gluten free products can save me hundreds if it's something my kids like.

Are there any programs in your city/town/province that help with gluten-free food? Because my daughter is under 18, we qualify for a provincial food bank program and I get some flour, crackers and pasta every month for her.

BUDGET

Finally, the dirty word BUDGET. Your budget contains many things you can't control like mortgage and utilities. But the things we can control are what make or break our finances. Decide how much you can spend for food/household items weekly/biweekly/monthly and **STICK TO IT**. That's the hardest part but it's also the most important part. You may want to use cash only, track it in a book or app – for me, I transfer the spending money into one account every Monday and that's what I have that week, no more. It keeps me from overspending and keeps me honest because I can see the money come out and the balance drop quickly.

FALL RECIPE

Homemade Pumpkin Spice Latte – Gluten Free, Vegan



HOMEMADE PUMPKIN SPICE LATTE RECIPE INGREDIENTS:

- Coffee
- Dairy free milk - I use "So Delicious Unsweetened Coconut Milk"
- Pumpkin puré
- Maple syrup: Any other sweetener may also be used
- Vanilla extract
- Pumpkin Pie Spice
- Dairy free whipped cream for topping: I use this homemade coconut whipped cream recipe.

HOW TO MAKE HOMEMADE PUMPKIN SPICE LATTE:

Add Ingredients to Pan: Add all ingredients (except coffee) to a saucepan over medium heat and whisk to combine.

Heat: Heat for 3-5 minutes or until mixture is heated through. Whisk occasionally to avoid burning.

Add in Coffee: Mix in coffee and top with dairy free whipped cream. Optionally sprinkle with additional pumpkin pie spice.

Source: <https://www.justwhatweeat.com/pumpkin-spice-latte-gluten-free-vegan/>

Gluten-Free Halloween Candy List



A Gluten-Free Halloween



Gluten-Free Halloween Candy List

This list was updated on September 9, 2022. Please check the packages' ingredient lists before consuming any candies.



Jelly Belly

- JellyBelly® Jelly Beans
- JellyBelly® Gourmet Candy Corn

Jolly Rancher®

- Jolly Rancher® Hard Candy
- Jolly Rancher® Fruity Sours
- Jolly Rancher® MISFITS Original Gummies

Kinder

- KINDER® SURPRISE®
- KINDER® CHOCOLATE

Laffy Taffy

- LaffyTaffy® Watermelon Candy
- LaffyTaffy® Strawberry Candy
- LaffyTaffy® Laff Bites
- LaffyTaffy® Banana Ropes
- LaffyTaffy® Cherry Ropes
- LaffyTaffy® Strawberry Ropes
- LaffyTaffy® Banana Minis
- LaffyTaffy® Cherry Minis

M&M'S Wrigley

- SNICKERS® Bar
- SNICKERS® 4-Pack
- 3 Musketeers® Fun Size Halloween Chocolate Candy Bars
- M&M's® Milk Chocolate Candies
- M&M's® Peanuts
- M&M's® Peanut Butter Chocolate Candies
- M&M's® Milk Chocolate Minis
- M&M's® Fudge Brownie Dark Chocolate Candies
- M&M's® ALMOND Tablet With Minis
- M&M's® Caramel Milk Chocolate Candies
- Starburst® Original Chewy Candy
- LIFESAVERS® GUMMIES Candy 5 Flavors
- LIFESAVERS® HARD CANDY 5 Flavors
- SKITTLES® Original Candy
- SKITTLES® Sour Candy

SweetTARTS

- SweetTARTS® Original
- SweetTARTS® Mini Chewy

Maynard's

- Maynards® Swedish Fish Candy
- Maynards® Sour Patch Kids Candy
- Maynards® Swedish Berries Candy
- Maynards® Fuzzy Peach Candy

Nestle

- AERO® Milk Chocolate Mini Bars
- AERO® Peppermint Milk Chocolate Bar
- AERO® Dark & Milk Chocolate Bars
- Butterfinger® Bar
- Goobers® Chocolate Covered Peanuts
- MACKINTOSH'S® Soft Caramels
- OH HENRY® Candy Bar
- Raisinets® Milk Chocolate
- TURTLES® Classic Recipe
- TURTLES® Minis Classic Recipe
- TURTLES® Minis Salted Caramel

Peeps

- PEEPS® Marshmallow Ghosts
- PEEPS® Marshmallow Spooky Cats
- PEEPS® Hot Tamales

Rockets

- Rockets® Candy Rolls
- Giant Rockets® Rolls
- Rockets® Double Lollies
- Rockets® Super Double Lollies
- Rockets® Mega Double Lollies
- Rockets® Halloween Super Assortment

Spangler Candy Co.

- Spangler Candy Co® Dum-Dums Pops

Toblerone

- Toblerone® Milk Chocolate

Tootsie Roll Industries

- Tootsie Roll®
- Razzles®
- DOTS® Gumdrops
- Dubble Bubble® Gum Balls
- Dubble Bubble® Twist Gum

Made Good

(list is not inclusive of all GF products)

- Made Good® Vanilla Crispy Squares
- Made Good® Chocolate Chip Granola Bars
- Made Good® Birthday Cake Drizzled Granola Bars
- Made Good® Chocolate Drizzled Granola Bars

Welch's

- Welch's® Fruit Snacks Mixed Fruit
- Welch's® Fruit Snacks Superfruit Mix
- Welch's® Fruit Snacks Berries 'n Cherries

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Gluten-Free Halloween Candy List



A Gluten-Free Halloween



Gluten-Free Halloween Candy List

This list was updated on September 9, 2022. Please check the packages' ingredient lists before consuming any candies.



Brach's

- BRACH'S ® Naturally Flavored Candy Corn

Cadbury

- Cadbury ® Crunchie
- Cadbury ® Fudge
- Cadbury ® Creme Egg
- Cadbury ® Dairy Milk Buttons
- Cadbury ® Mixed Buttons
- Cadbury ® Giant Buttons
- Cadbury ® Mini Eggs
- Cadbury ® Mini Eggs Chocolate Bar
- Cadbury ® Dairy Milk Chocolate Bar
- Cadbury ® Caramilk
- Cadbury ® Crunchie

Canada Candy Co.

- Canada Candy Co ® Jumbo Sour Soothers Candy

Christie

- Christie ® Gluten Free Oreo Cookies (Certified GF)

Enjoy Life

- EnjoyLife ® Halloween Chocolate Minis Dark Chocolate
- EnjoyLife ® Halloween Chocolate Minis Ricemilk
- EnjoyLife ® Halloween Chocolate Minis Ricemilk Crunch
- EnjoyLife ® Chocolate Bar Ricemilk

Hershey's Canada

- ALMOND JOY ® Coconut and Almond Candy Bars
- BROOKESIDE ® Dark Chocolate Acai and Blueberry Candy
- BROOKESIDE ® Dark Chocolate Goji and Raspberry Candy
- BROOKESIDE ® Whole Almonds in Milk Chocolate Candy
- HEATH ® Milk Chocolate English Toffee Candy Bars
- HEATH ® Snack Size Candy Bars
- HERSHEY'S ® Creamy Milk Chocolate
- HERSHEY'S KISSES ® Fall Harvest Foils Milk Chocolate Candy
- HERSHEY'S KISSES ® Milk Chocolate Candy
- HERSHEY'S KISSES ® Milk Chocolate Filled with Caramel Candy
- HERSHEY'S NUGGETS ® Milk Chocolate Candy
- HERSHEY'S NUGGETS ® Milk Chocolate with Almonds Candy

FritoLay

- LAY'S ® (other varieties not listed)
 - LAY'S ® Classic Potato Chips
 - LAY'S ® Wavy Original Potato Chips
 - LAY'S ® Ketchup Flavoured Potato Chips
 - LAY'S ® Oven Baked Original Potato Crisps
 - LAY'S ® Oven Baked Sour Cream Potato Crisps
 - LAY'S ® Waxy Original Potato Chips
 - LAY'S ® Waxy Hickory BBQ Flavoured Potato Chips
 - LAY'S ® STAX ® Original Flavoured Potato Chips
 - LAY'S ® STAX ® Sour Cream & Onion Flavoured Potato Chips
- DORITOS ® (other varieties not listed)
 - DORITOS ® Bold BBQ Flavoured Tortilla Chips
 - DORITOS ® Cool Rand Flavoured Tortilla Chips
 - DORITOS ® Jalapeño & Cheddar Cheese Flavoured Tortilla Chips
- RUFFLES ® (other varieties not listed)
 - RUFFLES ® All Dressed Flavoured Potato Chips
 - RUFFLES ® Regular Potato Chips
 - RUFFLES ® Salt & Vinegar Potato Chips

Happy Bites

- Happybites ® Candy Corn

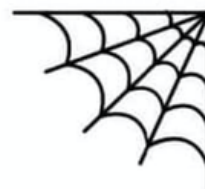
Hershey's Canada

- MILK DUDS ® Candy
- MOUNDS ® Dark Chocolate and Coconut Snack Size Candy Bars
- PAYDAY ® Peanut and Caramel Candy Bars
- REESE'S ® Milk Chocolate Peanut Butter Cups
- REESE'S ® Milk Chocolate Snack Size Peanut Butter Cups
- REESE'S ® PIECES Peanut Butter Candy
- ROLO® Creamy Caramels in Rich Chocolate Candy
- ROLO® Halloween Creamy Caramels in Rich Chocolate Snack Size
- SKOR ® Milk Chocolate with Crisp Butter Toffee Candy Bar
- YORK ® Dark Chocolate Peppermint Patties

Gluten-Free Halloween Candy List



A Gluten-Free Halloween



WARNING: Gluten-Containing Candy

The following Halloween candies are not gluten-free, and therefore, not safe.

Note: These are only some common examples. Please check the packages' ingredient lists before consuming any candies.

- Cadbury ® Crispy Crunch
- Cadbury ® Mr. Big Bar
- Christie ® Oreo Mini Snak Pak
- Christie ® Original Oreo Cookies
- HERSHEY'S ® COOKIES 'N' CREME Candy Bar
- KINDER ® Bueno
- Nestle ® Coffee Crisp
- Nestle ® Kit Kat Chocolate Bar
- Nestle ® Crunch Chocolate Candy Bars
- Mars ® Bars
- STORCK ® Werther's Original Soft Caramel Candy
- STORCK ® Werther's Original Chewy Caramels
- SweeTARTS ® Rope Bites
- Twizzlers ® Strawberry Twists
- Twizzlers ® Black Licorice Twists
- Twizzlers ® Cherry Super Nibs
- Twizzlers ® Cherry Nibs
- Twizzlers ® Goodies Party Bag
- Twix ® Cookie Bar



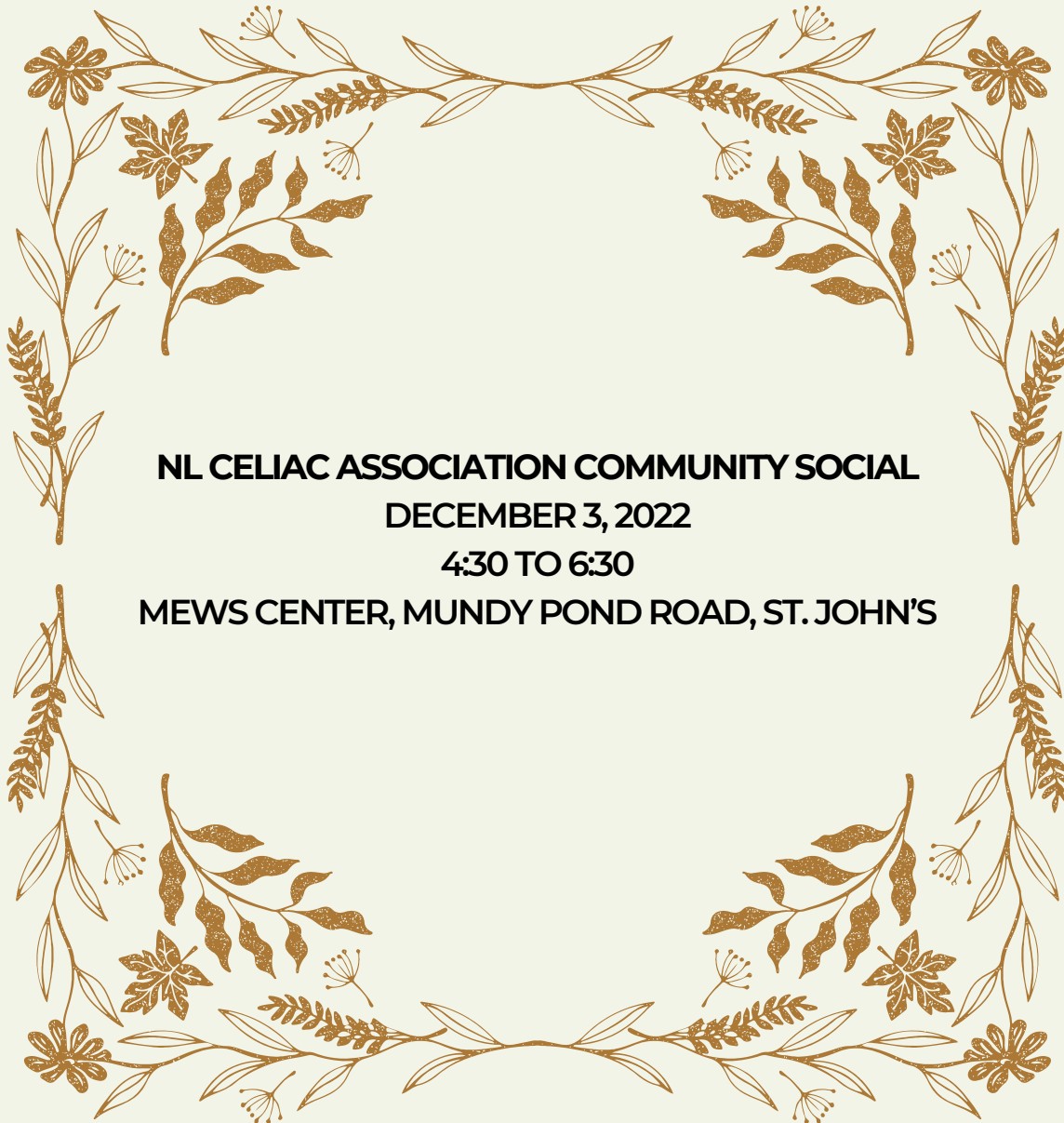
Reading ingredient lists and understanding food labels is essential, especially as we bring new candies into the home. Get additional help by clicking on the following CCA resource: [Food Labelling: Guidelines for Individuals with Celiac Disease Following a Gluten-Free Diet.](#)

Parent Tips for a Happier Halloween

Your child may be disappointed that they cannot eat all the candies they gather while trick or treating. Therefore, it is important to take some time to talk to your child and manage their expectations this Halloween. Below are some strategies and tips for a successful gluten-free Halloween:

- 1 Chat Before Halloween.** Take time to communicate to your child that they may not be able to keep all the candy they receive. This conversation will help manage their expectations at Halloween. During this time, please go through our gluten-free Halloween candy list with your child, and find their favourite allowed candies.
- 2 Household or Neighbourhood Candy Trade.** This strategy involves your children trading gluten-free candies for gluten-containing ones. This option is ideal for families with multiple children, some of whom have celiac disease (CD) and some who do not. For example, your daughter with CD could trade her Kit Kat bar (gluten-containing) to your son without CD in exchange for one of his gluten-free candies, such as Reese's Peanut Butter Cups. Does your child want to trade candy, but there are not any children in your household without celiac disease? No problem – expand the candy trade. See if any neighbourhood children would like to participate or perhaps some of your child's school friends are interested.
- 3 Donate.** Donating gluten-containing candy to your local food bank is a wonderful opportunity to teach your child the importance of helping others. Remind your child that many Canadian children are not fortunate enough to go trick or treating, and their actions will bring joy to other children. Your child may feel inspired to donate some of their gluten-free candy as well for other children with CD who will not get to go trick or treating.
- 4 Find Support in the CCA Facebook Group.** Our group has over 16,000 members, each with unique and helpful insight into living a gluten-free life. Connect with your peers by asking questions or by commenting on other's posts. [Check out the Facebook group here.](#) You can also reach out to the [Canadian Celiac Association](#) with additional questions or concerns.
- 5 Keep Back-Ups.** Before Halloween, take some time to bake some of your child's favourite GF cookies, or get them something small to make up for some of their lost candy. Some ideas include a new pack of crayons, a book they would like, a world map, a skipping rope, or a new stuffed animal.

UPCOMING LOCAL EVENT



NL CELIAC ASSOCIATION COMMUNITY SOCIAL

DECEMBER 3, 2022

4:30 TO 6:30

MEWS CENTER, MUNDY POND ROAD, ST. JOHN'S

We hope to welcome any newly diagnosed and all those who want to maintain connections for a meet and greet. Family and friends are welcome. Food will be provided.

MEET OUR EXECUTIVE TEAM

2022 - 2023

Nancy Dawson, President

Kera McGrath, Vice President

Tiffany Smith, Secretary

Sam Chalker, Volunteer Coordinator

Robert Murphy (Rob), Western Newfoundland Representative

CONNECT WITH US!



www.nlceliacassociation.ca

Facebook: Newfoundland and Labrador Chapter - Canadian Celiac Association

Instagram: @nl_celiac